

The North Dakota **Senior Info-Line** is the source for information on services and service providers in North Dakota. The personal options identified through this resource can help you decide which choice is best for you.



For more information, please contact:
N.D. Department of Human Services
Aging Services Division
N.D. Senior Info-Line
1-800-451-8693

Website: www.ndseniorinfoonline.com

E-mail: dhssrinf@state.nd.us

You can find answers to your questions
and be better prepared for the future.



All services are made available without regard to race, color, national origin, religion, age, sex, or handicap, and are subject to Title VI of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, amended.

The choice is yours.

Plan for your future care needs.

There are many things to consider when planning for the future.



Most people have planned for the future in one way or another. People plan and safeguard their futures with insurance and retirement funds, and most people have even expressed their wishes on funeral arrangements. But most adults have not considered or even discussed how their long term care needs eventually will be met.

We are all temporarily able bodied. As people age, most want to continue living as independently as possible, even if physical or other abilities change. Discussing the wide array of care options can be hard. As a result, most people never talk about it until a crisis occurs.

Why plan for long term care?

If you educate yourself about your options and make your wishes known, you will have peace of mind knowing that you will get the care you want and will not burden loved ones with difficult decisions.



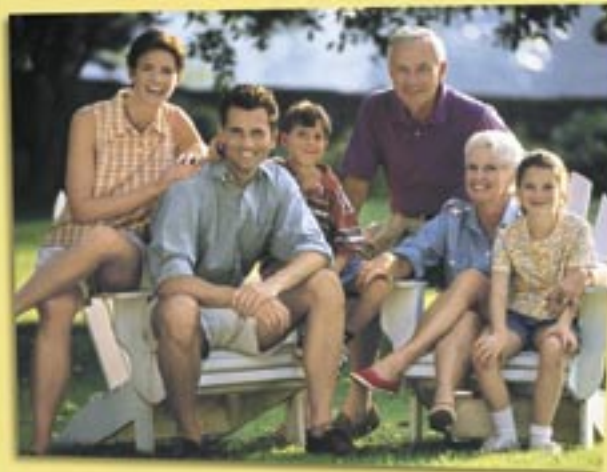
Wouldn't you like to be the one deciding how and where your care will be provided if you ever need it? Plan for your future care needs.



When most people think of long term care they think of nursing homes. Long term care includes a wide variety of care options. It is now possible for people to tailor services to their personal needs.

What options are available?

Many new options allow people who are older or disabled to use in-home care, community based services or alternative living arrangements to remain independent as long as possible.



Although you may not be able to predict what type of care you or your loved one might need, knowing the options available will help you make informed decisions.

Some options include:

personal care

transportation

**in-home
support care**

**home delivered
meals**



respite care

housing options

care/case management

nursing homes

